



# GROCERY PURCHASE GUIDE

MEAT/PROTEIN (0-3 gm. fat/oz.)		MILK/DAIRY (0-2 gm. fat, ≤12 gm. carb./serv.)	GRAINS (whole grains best; 0-1 gm. fat, 15 gm. carb./serv.)	
ground turkey chicken breast turkey breast tuna in water	canned salmon frozen unbreaded fish and seafood dried beans	skim or 1% milk yogurt (fat free, diet swt.) low fat or fat free cheese low-fat or fat-free cottage cheese	yeast breads yeast rolls bagels pita bread English muffins	pasta rice bread sticks unfrosted cereals (≤22 gm. carb)
VEGETABLES (0 gm. fat, 5 gm. carb./serv.)		FRUITS (0 gm. fat, approx. 15 gm. carb./serv.)	SNACKS/BEVERAGES (0-2 gm. fat, 0-15 gm. carb./serv.)	
fresh (baby carrots, radishes, tomatoes, broccoli, green onions, lettuce, cucumbers, zucchini, mushrooms, cauliflower, etc.) frozen (plain: avoid those with sauces) canned (no added fat)		fresh canned in fruit juice, or light frozen (plain) dried (in moderation)	crackers (reduced fat or fat free) Matzo, Wasa crackers, pretzels graham / animal crackers (some types) popcorn (air-popped, low-fat) bkd. potato / corn chips (some types) frozen desserts (low fat or fat free): ice cream frozen yogurt, sherbet, sorbet pudding or Jello (sugar free; sk. milk for pudding)	
CONDIMENTS (0-4 gm. fat/Tbsp.)		FROZEN DINNERS/ENTREES (≤15 gm. fat, ≤45 gm carb./meal for dinners) (≤5 gm fat, ≤15 gm carb./serv. for entree)	SWEETS/DESSERTS (0-3 gm. fat/serv.) (0-15 gm. carb./serv.)	
fat free sour cream fat free dip salsa mayonnaise (low fat or fat free) butter substitutes	salad dressings (light or fat free) margarine (low fat or fat free) herbs, spices, vinegar lemon juice	Check labels to fit above guidelines	ice milk, frozen yogurt (some types) sherbet, sorbet Jello (sugar free) pudding (sugar free) cookies (some types)	cake (some types) popsicles frozen bars (some types) fat free whipped topping low fat recipes

